

**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2009-2010

Gender and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>2</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Males:</b>																	
2 - 5.....	452	1553	(25.6)	14	(0.2)	56	(0.8)	31	(0.7)	11	(0.3)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	588	1922	(32.6)	14	(0.1)	55	(0.4)	32	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	672	2539	(72.8)	15	(0.2)	53	(0.7)	32	(0.6)	11	(0.3)	11	(0.3)	7	(0.2)	--	--
20 - 29.....	450	2626	(79.4)	16	(0.3)	50	(0.5)	31	(0.4)	10	(0.2)	11	(0.2)	7	(0.1)	--	--
30 - 39.....	455	2736	(44.9)	16	(0.5)	48	(0.6)	32	(0.6)	10	(0.3)	12	(0.2)	7	(0.2)	--	--
40 - 49.....	481	2730	(73.2)	16	(0.3)	47	(0.6)	33	(0.6)	11	(0.3)	12	(0.2)	7	(0.1)	--	--
50 - 59.....	470	2482	(55.3)	16	(0.5)	46	(1.1)	34	(0.7)	11	(0.3)	12	(0.3)	8	(0.2)	--	--
60 - 69.....	449	2206	(40.0)	16	(0.3)	47	(0.5)	34	(0.5)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
70 and over.....	484	1907	(41.1)	16	(0.2)	49	(0.6)	34	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
20 and over...	2789	2512	(30.7)	16	(0.2)	48	(0.3)	33	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	4	(0.3)
<b>Females:</b>																	
2 - 5.....	409	1520	(36.7)	15	(0.3)	55	(0.6)	32	(0.4)	12	(0.4)	11	(0.2)	6	(0.3)	--	--
6 - 11.....	566	1812	(24.5)	14	(0.3)	56	(0.6)	32	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	593	1821	(43.9)	14	(0.2)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 - 29.....	524	1949	(54.7)	15	(0.2)	52	(0.6)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
30 - 39.....	499	1831	(31.5)	16	(0.3)	51	(0.8)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
40 - 49.....	555	1794	(59.2)	16	(0.2)	51	(0.7)	32	(0.3)	10	(0.1)	11	(0.1)	8	(0.2)	--	--
50 - 59.....	429	1759	(38.4)	16	(0.4)	50	(0.7)	33	(0.5)	10	(0.3)	12	(0.2)	8	(0.2)	--	--
60 - 69.....	453	1717	(35.4)	16	(0.3)	49	(0.7)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
70 and over.....	513	1535	(34.4)	16	(0.3)	52	(0.5)	33	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2973	1778	(15.0)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	2	(0.2)
<b>Males and females:</b>																	
2 and over...	9042	2081	(12.9)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--

**Footnotes**

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2009-2010***

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 5.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

**Suggested Citation**

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